

**WHAT IS CLAIMED IS:**

1. A format for delivering a desired nutritional package to a human host comprising:
  - (a) a firm, gelled delivery vehicle;
  - (b) a package of nutritional ingredients comprising at least one nutritional ingredient selected to provide a human host desired health benefits;  
and
  - (c) said nutritional ingredients interspersed and suspended in said delivery vehicle,whereby a format for delivering a desired nutritional package is provided.
2. A format according to claim 1, wherein said at least one nutritional ingredient is selected from a group consisting of a vitamin, a mineral, an herb, a probiotic, or some combination of said ingredients.
3. A format according to claim 1, wherein said delivery vehicle is selected from the group consisting of gelatin, gum, or combinations thereof.
4. A format according to claim 3, wherein said gelatin is unflavored gelatin.
5. A format according to claim 3, wherein said gelatin is flavored gelatin.
6. A format according to claim 3, wherein said gum is selected from the group consisting of xanthan gum, locust bean gum, guar gum, agar agar gum, and arabic gum.
7. A format according to claim 1, wherein said format provides a nutritional supplement.
8. A format according to claim 1, wherein said health benefit is weight loss.
9. A method of preparing a format for delivery of a desired nutritional package to a human host comprising:

- (a) selecting at least one nutritional ingredient for providing a desired health benefit to a human host; and
  - (b) incorporating said at least one nutritional ingredient in a firm, gelled delivery vehicle,
- whereby a format for delivering a desired nutritional package is provided.
- 10. A method according to claim 9, wherein said at least one nutritional ingredient is selected from the group consisting of a vitamin, a mineral, an herb, a probiotic, or some combination of said ingredients.
  - 11. A method according to claim 9, wherein said delivery vehicle is selected from the group consisting of gelatin, gum, or combinations thereof.
  - 12. A method according to claim 11, wherein the gelatin is unflavored gelatin.
  - 13. A method according to claim 11, wherein said gelatin is flavored gelatin.
  - 14. A method according to claim 11, wherein said gum is selected from the group consisting of xanthan gum, locust bean gum, guar gum, agar agar gum, and arabic gum.
  - 15. A method according to claim 9, wherein said format provides a nutritional supplement.
  - 16. A method according to claim 9, wherein said health benefit is weight loss.
  - 17. A method for treating a human host to provide a desired health benefit comprising administering a nutritional package, comprising at least one nutritional ingredient selected to provide a human host desired health benefit, in a format comprising a firm, gelled delivery vehicle in accordance with a regimen designed to provide said desired health benefit.
  - 18. A method according to claim 17 which further comprises prescribing said regimen for administering said package to provide said health benefit.

19. A method according to claim 17, wherein said regimen comprises a time-related dosage level for administering said package.
20. A method according to claim 17, wherein said regimen comprises a frequency of administering said package.
21. A method according to claim 17, wherein said regimen comprises a time-related dosage level and a frequency of administering said package.
22. A method according to claim 17, wherein said package comprises a combination of two or more nutritional ingredients.
23. A method according to claim 17, wherein said desired health benefit is weight loss.
24. A method according to claim 23, wherein said regimen comprises administering said nutritional package formulated for an administration of at least three times a day for three days.
25. A method according to claim 23, wherein said regimen comprises administering said nutritional package formulated for an administration of at least one time a day for two weeks.
26. A method according to claim 17, wherein said at least one nutritional ingredient is selected from a group consisting of a vitamin, a mineral, an herb, a probiotic, or some combination of said ingredients.
27. A method according to claim 17, wherein said delivery vehicle is selected from the group consisting of gelatin, gum, or combinations thereof.
28. A method according to claim 27, wherein the gelatin is unflavored gelatin.
29. A method according to claim 27, wherein said gelatin is flavored gelatin.

30. A method according to claim 27, wherein said gum is selected from the group consisting of xanthan gum, locust bean gum, guar gum, agar agar gum, and arabic gum.
31. A method according to claim 17, wherein said format provides a nutritional supplement.
32. A format for delivering a desired nutritional package to a human host comprising:
  - (a) a firm gelled delivery vehicle comprising a gum in an amount not less than about 0.15% by weight based on the total weight of all the components of the format;
  - (b) a package of nutritional ingredients comprising at least one nutritional ingredient selected to provide a human host desired health benefits; and
  - (c) a liquid in an amount not less than about 60% by weight based on the total weight of all the components of the format;wherein the nutritional ingredients is interspersed and suspended in the delivery vehicle whereby a format for delivering a desired nutritional package is provided.
33. A format according to claim 32, wherein the gum is carrageenan.
34. A format according to claim 32, wherein the package of nutritional ingredients is a vitamin and mineral mix.
35. A format according to claim 35, wherein the format provides not less than 5% of daily value of each vitamin and mineral per serving.
36. A format according to claim 35, wherein the format provides approximately 10% of daily value of each vitamin and mineral per serving.

37. A format according to claim 35, wherein the format provides not greater than 100% of daily value of each vitamin and mineral per serving.
38. A format according to claim 32, wherein the liquid is water.
39. A format according to claim 32, wherein the format further comprises a sweetener.
40. A format according to claim 32, wherein the format further comprises a preservative.
41. A format according to claim 32, wherein the format further comprises color.
42. A format according to claim 32, wherein the format further comprises flavor.
43. A format according to claim 32, wherein the format further comprises acid.